

MIND MAPPING – NURSES THINKING OUTSIDE THE BOX

***Dr. Vasudevan N.J**

**Associate Professor, SUM Nursing College, SOA Deemed to be University.*

DOI: <http://doi.org/10.47211/idcij.2022.v09i01.001>

ABSTRACT

Mind mapping is a way of linking key concepts using images, lines and links. A central concept is linked via lines to other concepts which in turn are linked with other associated ideas. It is similar as a technique to concept mapping and spider diagrams, the difference being that true mind mapping involves constructing a hierarchy of ideas instead of pure random association. A mind map can help you thinking in a more critical way and improve your problem-solving ability at the same time. A mind map is a valuable tool for team collaboration in a business group. Here are just a few illustrations of the purposes of a mind map. The actual possibilities of the uses of mind map are unlimited.

Key Words: *Abstract thinking, Ideas, Brain storming, concept map.*

ABOUT AUTHOR:



Author Dr. Vasudevan N.J working as an associate professor in SUM nursing college and he has attended various national and international conferences. He has enormously presented various papers and published research article in journals both in national and international.

INTRODUCTION:

A mind map is a visual alert process which maps out the thoughts and ideas in brain in a easier way by using a radiant thinking. It combines colour, imagery, visual capabilities and imagination to trigger your brain to think more creatively, learn faster, learn more and communicate effectively. The mind map encourages creativity and flexibility. Mind mapping is a way of linking key concepts using images, lines and links. A central concept is linked via lines to other concepts which in turn are linked with other associated ideas. It is similar as a technique to concept mapping and spider diagrams, the difference being that true mind mapping involves constructing a hierarchy of ideas instead of pure random association.

ROLE OF MIND MAPPING IN EDUCATION:

A mind map can help you thinking in a more critical way and improve your problem-solving ability at the same time. A mind map is a valuable tool for team collaboration in a business group. Here are just a few illustrations of the purposes of a mind map. The actual possibilities of the uses of mind map are unlimited.

❖ **Brainstorming**

A mind map is a powerful tool for brainstorming. It helps us focusing on the topic, coming up with new thoughts and connecting these thoughts together. and help to initiate with creative thinking.

❖ **Problem Solving**

If you are confused by a problem, a mind maps can help you see all the relative issues and how they relate to each other. It can help you quickly get a general idea of how the whole situation and enable you to see all aspects of this situation then come up with a solution.

❖ **Decision Making**

While making a decision, you need to compare all the factors related; a mind map can be a helpful tool on that. Listing various factors, pros and cons of each side can help you think more effectively and lead to an informed decision.

❖ **Notes Taking**

Students or business professionals can use mind maps to write down the information of a lecture, presentation or business meeting. When receiving information, mind maps can help organize it in a logical way which makes it easy to understand and follow. A mind map is an effective way to take notes.

❖ **Presentations**

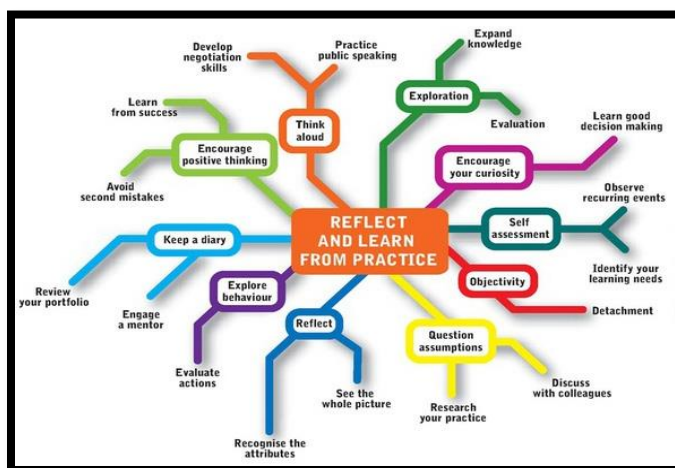
A mind map is a great helper during presentation. Using mind map is a more interesting way to present an idea or concept. On one hand, mind map can help organize the ideas coherently; on the other hand, the visual feature of mind map makes it easier to capture the audience's attention.

❖ **Project Management**

Mind map can help planning a project. Arrange large categories of enormous information with mind map can greatly improve productivity. In addition, when creating a mind map with Edraw, you can easily convert it into a Gantt chart with a single click.

❖ **Accelerate Studying**

Mind Map will help you accelerate your study ability by improving and enhancing your retention with the combination of photography and information.

**CHARACTERISTICS OF MIND MAPPING:**

There are four key characteristics of a mind map:

1. There is one key concept, often expressed graphically as an image.
2. From the key concept/image radiate out branches each of which contains another key concept which is a subset of the main concept.
3. Attached to these main branches are other branches which represent less important concepts.
4. Together, the branches and central image form a nodal structure

ADVANTAGES OF MIND MAPPING IN EDUCATION:

Mind mapping in education is an effective tool for students and educators enthusiastically to maximize the learning experience. A mind map is a learning tool that allows users to create and share visual representations of things like lectures, notes, and research & also minds mapping in education is useful for a wide variety of tasks, and can be easily acceptable by the students.

The benefits of mind mapping in education is a continuous process and the teachers can easily improve their teaching methods and students can better understand and retain knowledge in a way which helps their specific needs. The common form of teaching is using white boards and PowerPoint presentations for lectures, but not everyone is adapted to learn this way. Incorporating mind mapping in education combines aspects of both it

allows teachers to improve their presentations through visual software. Which is very important when you consider that more than half of the population consists of visual learners, so it is necessary that educators employ the proper tools in their teaching methods?

Mind mapping is an attractive solution to this by confining lesson information into one space. Not to mention, the visual platform is beneficial for students as well. Students can better comprehend the topics at hand as a result of mind mapping's visual nature. Teachers can create thorough lesson plans, present them from one central platform, and easily share them with students.

The Main advantages are,

- synthesize a mind map reflective of the components of critical thinking
- implement self-assessment using a rubric while developing a mind map
- Evaluate mind mapping as an effective learning strategy for the concept of critical thinking.

TECHNIQUES OF MIND MAPPING

- Use radiant thinking which has to start from the center and radiate outwards.
- Use hierarchy and association
- Use as images and color which will stimulate the brain visual and creative capacity
- Use keywords, rather than phrases
- Use symbols.
- Be clear and concrete with the ideas
- Use arrows to denote links between ideas and thought process
- Conclude the mind map with various examples.

CONCLUSION:

Mind mapping is often the best way to create, organize, analyse and display complex information. The fact that we can obtain at least a 25% improvement in recall and more than a 30% increase in productivity related to intellectual tasks which is the use of mind mapping by physicians, nurses and patients.

Mind mapping not only helps in fighting information overload, it does also help us to prevent communication errors in healthcare. In general, we should use mind mapping whenever we have to communicate complex information. In medicine, almost anything is complex information. Digital mind maps have a series of generic useful features.

REFERENCE:

1. www.archivesofmedicine.com
2. www.mindtools.com
3. www.litemind.com
4. www.airfocus.com
5. emeraldgroupublishing.com
6. www.harappaeducation.com